

Raleigh Parks, Recreation and Cultural Resources

Junior Tennis - Summer 2014

Junior Instruction

Tennis Jr. Tiny Tots, Ages 4-6

Eye-hand coordination games + fine motor skills are the focus of this fun intro class.

Class Fee: \$60 Weekday/ \$30 Saturday.

Millbrook Exchange Tennis Center

#158345 May 12-Jun 25 M&W, 4-4:30pm
 #158346 May 12-Jun 25 M&W, 4:30-5pm
 #158347 May 13-Jun 26 T&Th, 4:30-5pm
 #158348 May 17-Jun 28 Sa, 11-11:30am
 #158349 May 17-Jun 28 Sa, 11:30am-12pm

Lake Lynn Community Center

#158353 May 12-Jun 25 M&W, 5:30-6pm
 #158352 May 13-Jun 26 T&Th, 4:30-5pm

Tennis Jr. Level 1

No experience needed for this class. They will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Class Fee: \$120 Weekday/\$60 Saturday.

Millbrook Exchange Tennis Center, Ages 6-8

#158377 May 12-Jun 25 M&W, 5-6pm
 #158383 May 12-Jun 25 M&W, 6-7pm
 #158378 May 13-Jun 26 T&Th, 5-6pm
 #158379 May 13-Jun 26 T&Th, 6-7pm
 #158370 May 17-Jun 28 Sa, 9-10am
 #158371 May 17-Jun 28 Sa, 10-11am
 #158372 May 17-Jun 28 Sa, 11a-12pm

Lake Lynn Community Center, Ages 6-8

#158374 May 12-Jun 25 M&W, 4:30-5:30pm
 #158375 May 17-Jun 28 Sa, 10-11am

Millbrook Exchange Tennis Center, Ages 8-10

#158382 May 12-Jun 25 M&W, 5-6pm
 #158360 May 12-Jun 25 M&W, 6-7pm
 #158361 May 13-Jun 26 T&Th, 6-7pm
 #158380 May 13-Jun 26 T&Th, 5-6pm
 #158368 May 17-Jun 28 Sa, 9-10 am
 #158369 May 17-Jun 28 Sa, 11am-12pm

Lake Lynn Community Center, Ages 8-10

#158363 May 13-Jun 26 T&Th, 5-6pm
 #158373 May 17-Jun 28 Sa, 11am-12pm

Millbrook Exchange Tennis Center, Ages 10-18

#158359 May 12-Jun 25 M&W, 4-5pm
 #158381 May 13-Jun 26 T&Th, 4-5pm
 #158362 May 17-Jun 28 Sa, 10-11am

Tennis Jr. Level 2

Requirements: Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. This class works on using full swing forehand, backhand, full swing serve, overhead, and good volley techniques while playing points. To pass, players must successfully demonstrate these techniques while playing a match. Class Fee: \$120 Weekday/ \$60 Saturday

Tennis Jr. Level 2 - continued

Millbrook Exchange Tennis Center, Ages 8-10

#158409 May 12-Jun 25 M&W, 5-6pm
 #158410 May 13-Jun 26 T&Th, 5-6pm
 #158411 May 17-Jun 28 Sa, 11am-12pm

Millbrook Exchange Tennis Center, Ages 10-18

#158423 May 12-Jun 25 M&W, 4-5pm
 #158424 May 13-Jun 26 T&Th, 4-5pm
 #158427 May 17-Jun 28 Sa, 9-10am
 #158419 May 17-Jun 28 Sa, 10-11am

Lake Lynn Community Center, Ages 8-18

#158418 May 13-Jun 26 T&Th, 4-5pm

Tennis Jr. Level 3

Requirements: Must use full swing on all strokes during match play to enter this class. This class focuses on topspin and underspin for all strokes and the slice on the serve. To advance to level 4, players must be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve.

Class Fee: \$120 Weekday/ \$60 Saturday

Millbrook Exchange Tennis Center, Ages 8-10

#158428 May 12-Jun 25 M&W, 5-6pm

Millbrook Exchange Tennis Center, Ages 11-18

#158430 May 13-Jun 26 T&Th, 4-5pm
 #158431 May 17-Jun 28 Sa, 11am-12pm

Tennis Jr Tournament Training

Designed for junior tennis players who have learned all shots, group will workout and train for tournaments with the intention of establishing or improving their state ranking. Meets twice a week to hit a large quantity of balls, work on conditioning, balance, speed and agility. Players encouraged to do additional training on their own with other team members and to attend USTA/North Carolina tournaments. Class Fee: \$180

Lake Lynn Community Center, Ages 8-18

10U #158450 May 12-Jun 25 M&W 5-6:30pm
 12U #158451 May 12-Jun 25 M&W 6:30-8pm
 14U #158452 May 13-Jun 26 T&Th 7-8:30pm
 18U #158453 May 13-Jun 26 T&Th 8:30-10pm

Tennis Summer Break Tennis

Instruction and play for juniors of all levels. Players will be placed on the court of their ability. The week finishes with match play on Friday. Players with no experience will learn how to play matches. Players with experience will learn how to play more competitive matches. Class meets indoors on rainy days for physical and mental training. **Millbrook Tennis Center Fee: \$120**

	<u>Ages 6-8</u>	<u>Ages 8-10</u>	<u>Ages 10-18</u>
Jun 16-20	#158641	#158648	#158659
Jun 23-27	#158642	#158649	#158660
Jul 7-10	#158643	#158650	#158661
Jul 14-18	#158644	#158651	#158662
Jul 21-25	#158645	#158652	#158663
Jul 28-Aug 1	#158646	#158653	#158664
Aug 4-8	#158654	#158655	#158665
Aug 11-15	#158656	#158657	#158666

Junior Competition

USTA Jr. Team Tennis

Age: 6-18yrs. Practices and matches for all ages and levels of play. Players will be placed on teams based on their level and age. Age is based on August 31, 2014.

USTA Membership Fee: \$20

USTA Local League Fee: \$16

Parks, Recreation and Cultural Resources Fee: \$90
 Assessment days are for new players and players who would like to be evaluated to move up a level from their previous team. Players returning to the same level, do not have to attend an assessment day.

Assessment days are Tuesday, May 13 & Wednesday, May 14 from 4:30pm-5:30pm.

New players and those who would like to be evaluated to move up a level from their previous team should come to one of the assessment days.

All players can register now using the codes below, even before the assessment days. Just pick the correct age group (birthdate based on 8/31/14), and if you're not sure of the level, just make your best guess now and it can be switched later. We want to make sure you have reserved a spot for your child.

8U/10U - Practices are Friday 5pm-6:30pm

Matches are Saturday 9-10:30am

#158434 8U Beginner #158437 10U Intermediate
 #158435 8U Intermediate #152438 10U Advanced
 #158436 10U Beginner

New 8U/10U players can come try it for free

Friday, May 16, 23 & 30 from 5-6pm

12U, 14U, 18U - Practices are once a week after school

Matches are Saturday 10:30am, 12pm, or 1:30pm

#158439 12U Bronze #158442 14U Silver
 #158440 12U Silver #158443 18U Silver
 #158441 14U Bronze #158444 18U Gold

Tournament Training

Point play is the focus of this group designed for junior tennis players who have learned all shots and are working on improving their state or sectional ranking. There is very limited instruction. Players will be encouraged to attend tournaments. This 3 week fee covers the month of classes. We assume that some will be cancelled due to the weather. Contact Kabiru Ibrahim for more information 919-395-8051.

Tournament Advanced: M-Th, 4:30-6:30pm at MEX
 2 days a week \$120/4 days a week \$240
 April #158774

Developmental Group: F, 4:30-6:30pm, Sa&Su, 2-4pm
 at Green Road Park: 2 days a week \$120/3 days \$180
 April #158775



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parks.raleighnc.gov

For more information about Parks, Recreation and Cultural Resources Tennis, please call 919-872-4128.

To check for weather related cancelations, visit www.raleightennis.com. Click "City Programs".



Raleigh Parks, Recreation and Cultural Resources

Adult Tennis - Summer 2014

Adult Instruction

Adult Level 1 - Age 18 years and up

No experience needed! Forehand and backhand groundstrokes, volleys, overhead, serve, scorekeeping and the rules. To graduate to level 2, players must be able to serve from the baseline, keep score and play a full court set. Fee: \$120 Weekday/ \$60 Saturday

Millbrook Exchange Tennis Center

#158597	May 12-Jun 25	M&W, 6-7pm
#158598	May 12-Jun 25	M&W, 7-8pm
#158591	May 13-Jun 26	T&Th, 11am-12pm
#158592	May 13-Jun 26	T&Th, 7-8pm
#158590	May 14-Jun 30	M&W, 10-11am
#158602	May 17-Jun 28	Sa, 9-10am

Lake Lynn Community Center

#158593	May 12-Jun 25	M&W, 6-7pm
#158601	May 17-Jun 28	Sa, 9-10am

Adult Level 2.0/2.5 Drills - Age 18 years and up

Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set or have an NTRP 2.0 or 2.5 rating. To pass, players must be at the 3.0 level. Fee: \$120 Weekday/\$60 Saturday

Millbrook Exchange Tennis Center

#158611	May 12-Jun 25,	M&W, 6-7pm
#158612	May 13-Jun 26,	T&Th, 10-11am
#158613	May 13-Jun 26,	T&Th, 7-8pm
#158609	May 14-Jun 30	M&W, 11am-12pm
#158614	May 17-Jun 28	Sa, 10-11am

Lake Lynn Community Center

#158610	May 13-Jun 26	T&Th, 6-7pm
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Adult Level 3.0 Drills - Age 18 years and up

Must be at the NTRP 3.0 level or have full swing strokes during match play to enter this class. This drills class may include topspin, underspin and slice serving. To advance, players must be at the 3.5 level or be able to hit topspin and underspin and slice serves. Fee: \$120 Weekday/\$60 Saturday

Millbrook Exchange Tennis Center

#158616	May 12-Jun 25	M&W, 7-8pm
#158617	May 13-Jun 26	T&Th, 6-7pm
#158615	May 17-Jun 27	Sa, 11am-12pm

Lake Lynn Community Center

#158622	May 12-Jun 25	M&W, 8-9pm
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Adult Level 3.5 Drills - Age 18 years and up

Must be at the NTRP 3.5 level or able to hit topspin and underspin on ground-strokes, underspin volleys and slice serves. This is a class which will work on all of your strokes. To graduate, you must be 4.0 level. Fee: \$120 Weekday/\$60 Saturday

Millbrook Exchange Tennis Center

#158623	May 13-Jun 26	T&Th, 6-7pm
#158624	May 17-Jun 28	Sa, 12-1pm

Adult Level 4.0/4.5 Drills - Age 18 years and up

Must be at the 4.0 level or higher or able to hit topspin and underspin during matches. This is a drills class which has less instruction and more drilling. We don't work on your technique; we drill you to get your legs and heart pumping. Bring your water bottle and get ready to run. Fee: \$120

Millbrook Exchange Tennis Center

#158627	May 12-Jun 25	M&W, 7-8pm
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Adult Cardio – All Levels - Age 18 years and up

Cardio Tennis is a fun group activity featuring drills to give players of all abilities an ultimate, high energy workout. Taught by a teaching professional, Cardio Tennis includes a warm-up, cardio workout and cool down phases. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis.

#158629	May 13-Jun 24	T, 9-10am	#158631	May 16-Jun 27	F, 9-10am
#158630	May 15-Jun 26	Th, 9-10am			

New Policy Changes—No Rain Makeups!

Class length is now 7 weeks instead of 6. The fee is still based on a 6 week class.

For more information about Raleigh Parks, Recreation and Cultural Resources Tennis, please call 919-872-4128.

Adult Competition

Ladder - Age 18 years and up

Recreational singles & doubles ladder play for all levels. Participants play challenge matches for points. Players may join the ladder any time. Ladder rankings will be updated online each Monday. Players arrange their own match time and location. The ladder finishes with a season ending tournament. Fee: \$24

Singles May 19-July 28

#157799 Men's 3.0	#157804 Women's 2.5
#157800 Men's 3.5	#157805 Women's 3.0
#157801 Men's 4.0	#157806 Women's 3.5
#157802 Men's 4.5	#157807 Women's 4.0/4.5
#157803 Coed Open	(ends Aug 4)

Doubles May 19– Aug 4

#157796 Women's 3.5	
#157797 Women's 4.0	#157798 Women's 4.5

Women's Morning Quadrants - 18 years and up

All matches are at Millbrook Exchange Tennis Center. Each week there will be courts of doubles matches. A player will play a total of 24 games in a round robin format—8 games with each of the 3 other players as a partner. The results will be used to adjust positions for the following week. The player with the most games won will move up and the player with the fewest will move down a quad. All players are responsible for being present or having a substitute present. New balls will be provided each week. Millbrook Tennis Center Class Fee: \$40

#158635	May 21-Jul 30	W, 9:30-11:30am
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World Team Tennis - Age 18 years and up

WTT is co-ed teams competing in a format of 6 no-ad sets. (One set each of men's and women's doubles, men's and women's singles, and ending with 2 sets of mixed doubles.) Total games won from all sets determine the winner. Substitutions and coaching are allowed during the match. Fee: \$75

#158637	May 19-Jul 21
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Free Play for Seniors - Age 55 years and up

Free organized play for senior tennis players at Millbrook Exchange Tennis Center. Held throughout the year, this is a drop-in mixer with all levels of play. Simply show up and play. Free

Millbrook Exchange Tennis Center

#158638	May 1-Aug 28	M&Th, 9am-12pm
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Free Play for Adults - Age 18 years and up

This is a drop-in program which is organized by the Ebony Racquet Club, for all levels of play, simply show up and play.

Biltmore Hills Tennis Courts

#158639	May 1-Aug 28	T&Th, 6:30-9pm
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